



## Take the Challenge

So you've heard about how God is working through Comfort International to help bring peace in parts of the world where people live in the middle of war, and how God is healing people's hearts like Beata. Comfort International helps make people's lives better in practical ways, and this Harvest time, you could be part of that!

How? Well that's easy really! Are you up for a challenge?

You can raise funds to support the work of Comfort International any way you like! You can do something crazy, fun, challenging, difficult or creative, and ask people to sponsor you! Here are some ideas:

- Comfort 25! This year for Comfort International's 25th anniversary, try a 25-themed fundraiser. Could you run every day for 25 days or go 25 days without chocolate? Could you do a 25-hour sponsored silence? What about making 25 things to sell to raise money for Comfort? [Visit our website](#) to find out more.
- A sponsored run, walk, climb, cycle or swim or fast - could you go one day without eating? Or cut out something you like (e.g. chocolate) for a week. That's a tough one! You could even fast from having a shower, taking bucket showers for a week, using only a little water. Whatever you do, encourage people to sponsor you!
- Paint pictures, make crafts, do some home baking or have a car boot sale! As little as £15 could provide food for a whole family in South Sudan.

You can set up a donation page on the Comfort International website (see below). Advertise your challenge on social media to get more support. Contact us with what you are doing so we can publicise it on our social media too. Thank you!

### LET THE CHALLENGE BEGIN!

#### More Information:

#### To set up a Totalgiving page:

<https://www.totalgiving.co.uk/charity/comfort-international>



[enquiry@comfortinternational.org](mailto:enquiry@comfortinternational.org)



[comfortinternational.org](http://comfortinternational.org)



comfortinternational